

Ilaali cafimaadkaga marka aad safrayso

ha safrin hadii aad qabtid qandho ama qufac



Hadii aad ka sheeganayso xumad, qufac, iyo dhib dhanka neefsashada ah raadso daryeel cafimaad adigoo howlwadeenka caafimaadka la wadaagaya daryeeladii cafimaad ee lagu sameeyay safaradii hore

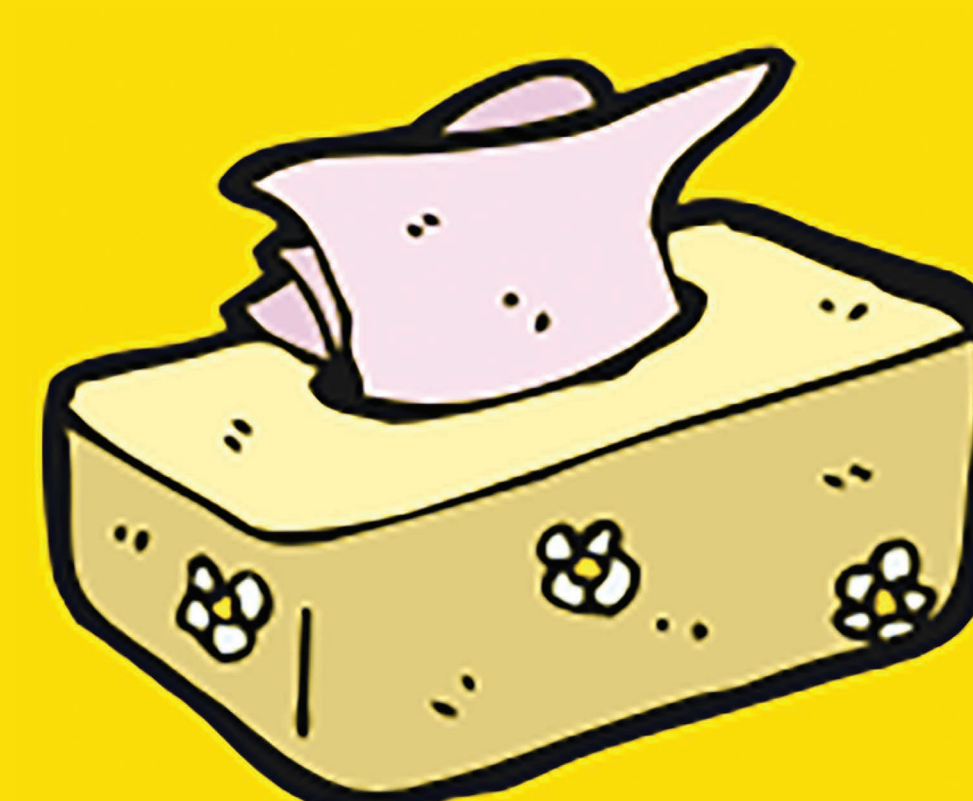
Iska ilaali inaad aad ugu dhowaato dadka qaba qufaca iyo qandhada

Si joogto ah unadiifi gacmahaaga adigoo isticmaalaya waxyaabaha gacmaha lagu dhaqee alkolada leh ama saabuun iyo biyo



Iska ilaali in aad marwalbo taabato indhaha, sankaa ama afka

Marka aad qufacayso ama hindhisayso tiish ama xusulka gacantaada ku dabool afka iyo sankaa



Marka aad isticmaalayso waji xiraha ama maasgaraatiga hubi in afka iyo sankaa si wanagsan u daboolanyihiin- iska ilaali inaad waji xiraha taabato mar haddaad xirataa
Horay ka badal wejixiraha marka aad hal mar isticmaasho, markaad iska bixiso kadibna dhaq gacmahaaga

Hadii aad xanuunsatid marka aad safrayso la wadaag shaqaalaha oo waydiiso daryeel caafimaad oo degdeg ah



Haddii aad tagto xarumaha caafimaadka, u sheeg howlwadeenada caafimaadka haddii aad safar horay ugashay

Cun cunto sifiican loo kariyay



Candhuuf hakutufin meelaha dadku u badanyihiin

Iska ilaali inaad aad ugu dhawaato xoolaha xanuunsan ama aad lasafarto



World Health Organization